

GLOSSARY

Physical Development

BIOMECHANICAL PRINCIPLE – Properties of movement that contribute to movement effectiveness, including, but not limited to: force production, acceleration, velocity, torque, equilibrium, application of force, buoyancy, resistance, spin, etc.

CROSS TRAINING – Training that emphasizes two or more of the components of health-related fitness.

FITNESSGRAM – A fitness test developed by the Cooper Institute for Aerobics Research. It is an effective fitness test because it compares scores to carefully researched and developed health standards, rather than to national averages. By using these Standards the test administrator knows without a doubt whether a child meets or exceeds expectations.

FITNESS TRAINING PROGRAMS – Programs designed to improve fitness levels (e.g., cross-training, circuit training).

FITT FORMULA – Using the combination of frequency, intensity, time and type of exercise relative to training.

HEALTH ENHANCING – Activities that have a positive effect on health.

HEALTH RELATED FITNESS – The five parts of health-related fitness are: Cardiovascular fitness, strength, muscular endurance, flexibility, and body composition. Regular exercise can improve health-related fitness.

HEART MONITOR – A form of technology that monitors a student's heart rate before, during and following exercise.

INITIATIVE TASKS – A series of clearly defined problems with each task designed so that a group must employ cooperation and some physical effort to gain a solution.

LOCOMOTOR – Moving, or capable of moving, from one place to another; not stationary.

MANIPULATIVE SKILLS – Movement utilizing objects (e.g., ball, hoops).

MECHANICALLY CORRECT MOVEMENT – Use qualities to describe correct focal points for each phase of movement: moving into position to execute a skill, establishing a balanced base of support, preparatory phase of skill, movement phase, follow through.

MOVEMENT THEMES – Use the qualities of effort, flow, space and time to define movement.

PROFILE – Data that has been collected on present and past fitness and health assessments on one individual.

RECOVERY HEART RATE – How quickly the heart rate returns to normal after exercise.

SPATIAL AWARENESS – Ability to know where one is in an area; know the relationship to people, equipment, etc., occupying the same space.

WORK-RELATED ACTIVITIES – Physical activity that can be transferred into job related activities (e.g., lifting, pushing, bending).

Health

ACUTE – A sudden onset, sharp rise and short course disease.

AGGRESSIVE – Marked by driving, forceful initiative.

A.I.D.S. – acquired immunodeficiency syndrome.

ANOREXIA – loss of appetite.

ASSERTIVE – Characterized by bold or confident behavior.

BACTERIA – Organism capable of causing disease.

BOTULISM – acute food poisoning caused by botulin in food.

BULIMIA – Eating disorder characterized by bingeing and purging of food.

BULLY – To use browbeating language or behavior.

CALORIE – Heat-producing or energy-producing value in food when oxidized in the body.

CHRONIC – Marked by long duration or frequent recurrence.

COMMUNICABLE – Transmittable.

CPR – Cardiopulmonary resuscitation.

DEGENERATIVE – Progressive deterioration of physical being; physical function is diminished or impaired.

DISCRIMINATION – Prejudiced or prejudicial outlook, action, or treatment.

DIET – Food or drink regularly provided or consumed.

DRUG ABUSE – The deliberate taking of a drug for other than a medical purpose and in a manner that can result in damage to a person's health or ability to function.

DRUG MISUSE – The taking of a drug for its medically intended purpose, but not in the appropriate amount, frequency, strength, or manner.

DRUG USE – The taking of a medical drug for its medically intended purpose, and in the appropriate amount, frequency, and manner.

HEIMLICH MANEUVER – A technique of dislodging a particle that is blocking a person's airway.

H.I.V. – An abbreviation for human immunodeficiency virus; the virus that causes **A.I.D.S.**

OZONE – A part of the earth's outer atmosphere that protects living things on earth from harmful ultraviolet radiation from the sun.

PEER PRESSURE – The intense pressure one feels to behave as a peer group does in order to gain its members' approval.

POLLUTION – Contamination of the environment with anything that impairs its ability to support life.

PUBERTY – A period of life in which a person becomes physically capable of reproduction.

SALMONELLA – A bacterium that cause digestive systems infections.

S.T.D. – An abbreviation for sexually transmitted diseases; an older name was venereal disease.